

**SARAH HIGGINS LAFAYETTE HIGH SCHOOL**



Sarah will be attending and competing for Indiana State University in Terre Haute, Indiana. She plans to study Business.

**Most challenging or embarrassing moment?** The most challenging time is what we are doing now and not being able to see my teammates and coaches every day. Plus I miss swimming and the feeling of hard work done right. I also had to deal with shoulder issues at the start of the high school season which meant missed practices and meets. I am thankful to the therapists and coaches who assured me it would all turn out fine.

**Favorite race or practice set?** My favorite race is the 100 back closely followed by the 200 back.

**What will you miss as you move on?** I will miss my teammates and the coaches I have had throughout the years and the places we traveled. I will miss Christie videotaping in the morning and getting me out of some of the set, plus it really helped me improve.

**My favorite Rockwood memory?** My favorite memory was the training trip to Canada. From Niagara Falls, to shared practices, racing with my teammates, taking the train and white water rafting, it was a once in a lifetime experience. Such fun combined with work. And who will forget the bird attack??!

***FROM SARAH - I want to thank my coaches and teammates for pushing me to be my absolute best. Especially Todd Gabel who has been my coach for 8 years and all the coaches at National that helped me through the frustration of shoulder issues. And lastly I want to thank my parents for always supporting me, driving me when I was younger and sitting in the stands cheering even when I was struggling. I expect to see you in the stands at ISU.***

